



2,800 Calorie Plan (Vegan) 5 meals/day

DAY 1

Breakfast 7:00 AM	almonds	1 1/3 oz	216 cal
	oat bran, cooked	2 Cup(s)	175 cal
	orange juice	1 Cup(s)	112 cal
	drinking water	1 Cup(s)	0 cal
	trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 668 cal / **Carbs** 87 g (43%) / **Protein** 57 g (28%) / **Fat** 26 g (29%) / **Fluid** 28

NOTES:

Snack 10:00 AM	sea salt & black pepper soy chips	16 crisps	113 cal
	tofurky jurky	2 oz	202 cal
	drinking water	2 Cup(s)	0 cal
	nectarines	2 fruit	120 cal

MEAL TOTAL: **Calories** 435 cal / **Carbs** 62 g (55%) / **Protein** 33 g (29%) / **Fat** 8 g (16%) / **Fluid** 24

NOTES:

Lunch 12:00 PM	whole wheat tortillas	2 tortilla	254 cal
	drinking water	2 Cup(s)	0 cal
	peppered tofurky deli slices	4 oz	218 cal
	dijon mustard	2 tsp	10 cal
	tomatoes	1/4 Cup(s)	8 cal
	romaine lettuce	4 leaf	4 cal
	american soy cheese, sliced	2 slice	140 cal

MEAL TOTAL: **Calories** 634 cal / **Carbs** 55 g (36%) / **Protein** 41 g (27%) / **Fat** 25 g (37%) / **Fluid** 19

NOTES:

Snack 3:00 PM	almond beverage with calcium	2 Cup(s)	139 cal
	pecan granola bars	2 bars	190 cal
	bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 464 cal / **Carbs** 86 g (71%) / **Protein** 8 g (6%) / **Fat** 13 g (23%) / **Fluid** 20

NOTES:



Eating right, simplified.

Dinner

6:00 PM

quinoa, cooked	1 1/2 Cup(s)	333 cal
vegan turkey with sage, meat free	12 oz	113 cal
drinking water	2 Cup(s)	0 cal
brussels sprouts, no salt, boiled	1 1/2 Cup(s)	42 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 548 cal / **Carbs** 78 g (56%) / **Protein** 29 g (20%) / **Fat** 15 g (24%) / **Fluid** 26

NOTES:

DAY 1 TOTAL: **Calories** 2,750 cal / **Carbs** 368 g (50%) / **Protein** 167 g (23%) / **Fat** 86 g (27%) / **Fluid** 117

**DAY 2**

Breakfast 7:00 AM	drinking water	2 Cup(s)	0 cal
	cereals, kashi 7 whole grain nuggets	2 Cup(s)	275 cal
	almond beverage with calcium	1 3/4 Cup(s)	121 cal
	strawberries	1 Cup(s)	46 cal
	tofurky franks	2 oz	164 cal

MEAL TOTAL: **Calories** 606 cal / **Carbs** 101 g (63%) / **Protein** 26 g (16%) / **Fat** 15 g (21%) / **Fluid** 35

NOTES:

Snack 10:00 AM	teriyaki tofu, baked	2 1/4 oz	102 cal
	drinking water	2 Cup(s)	0 cal
	almond butter	2 Tbsp	200 cal
	apples	1 large	110 cal
	melba toast, no salt	4 toast	75 cal

MEAL TOTAL: **Calories** 487 cal / **Carbs** 60 g (48%) / **Protein** 19 g (16%) / **Fat** 20 g (36%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	baby carrots	15 large	79 cal
	romaine lettuce	4 leaf	4 cal
	mayonnaise, made with tofu	1 Tbsp	48 cal
	drinking water	2 Cup(s)	0 cal
	whole-wheat pita bread	2 small	149 cal
	vegan chicken strips, meat free	5 oz	361 cal

MEAL TOTAL: **Calories** 641 cal / **Carbs** 66 g (40%) / **Protein** 38 g (23%) / **Fat** 28 g (37%) / **Fluid** 25

NOTES:

Snack 3:00 PM	sunflower seeds, no salt, dry roasted	7/8 oz	144 cal
	pecan granola bars	2 bars	190 cal
	drinking water	2 Cup(s)	0 cal
	nectarines	2 fruit	120 cal

MEAL TOTAL: **Calories** 454 cal / **Carbs** 64 g (52%) / **Protein** 12 g (10%) / **Fat** 20 g (38%) / **Fluid** 24

NOTES:



Eating right, simplified.

Dinner
6:00 PM

shell pasta with artichokes in garlic & olive oil	1 serving	384 cal
vegan chicken strips, meat free	3 oz	217 cal
mustard greens, no salt, boiled	1 cup	36 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: Calories 637 cal / **Carbs** 72 g (43%) / **Protein** 33 g (20%) / **Fat** 28 g (37%) / **Fluid** 24

NOTES:

DAY 2 TOTAL: Calories 2,826 cal / **Carbs** 363 g (49%) / **Protein** 127 g (17%) / **Fat** 110 g (34%) / **Fluid** 129

**DAY 3**

Breakfast 7:00 AM	whole wheat raisin bread	3 slice	390 cal
	almond beverage with calcium	1 Cup(s)	69 cal
	drinking water	1 Cup(s)	0 cal
	almond butter	2 Tbsp	200 cal
	nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 719 cal / **Carbs** 115 g (62%) / **Protein** 20 g (11%) / **Fat** 22 g (27%) / **Fluid** 20

NOTES:

Snack 10:00 AM	apples	1 large	110 cal
	drinking water	2 Cup(s)	0 cal
	pecan granola bars	2 bars	190 cal
	almonds	3/4 oz	122 cal

MEAL TOTAL: **Calories** 422 cal / **Carbs** 63 g (56%) / **Protein** 9 g (8%) / **Fat** 18 g (36%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	balsamic vinegar	1 Tbsp	14 cal
	whole wheat dinner rolls	1 roll	74 cal
	chicken nuggets, meat free	4 oz	316 cal
	romaine lettuce	2 Cup(s)	16 cal
	iced tea, green	16 fl. oz.	0 cal
	extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 541 cal / **Carbs** 48 g (34%) / **Protein** 21 g (15%) / **Fat** 32 g (51%) / **Fluid** 20

NOTES:

Snack 3:00 PM	baby carrots	15 large	79 cal
	drinking water	2 Cup(s)	0 cal
	hummus, lower sodium	2 Tbsp	52 cal
	tofurky jurky	2 oz	202 cal
	melba toast, no salt	5 toast	94 cal

MEAL TOTAL: **Calories** 427 cal / **Carbs** 60 g (55%) / **Protein** 31 g (29%) / **Fat** 8 g (16%) / **Fluid** 24

NOTES:



Eating right, simplified.

Dinner

6:00 PM

shell pasta with artichokes in garlic & olive oil	1 serving	384 cal
mustard greens, no salt, boiled	1 cup	36 cal
vegan chicken strips, meat free	3 oz	217 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: Calories 637 cal / Carbs 72 g (43%) / Protein 33 g (20%) / Fat 28 g (37%) / Fluid 24

NOTES:

DAY 3 TOTAL: Calories 2,746 cal / Carbs 358 g (50%) / Protein 115 g (16%) / Fat 107 g (34%) / Fluid 110



Eating right, simplified.

DAY 4

Breakfast 7:00 AM	tofurky franks	2 oz	164 cal
	drinking water	2 Cup(s)	0 cal
	almond beverage with calcium	2 Cup(s)	139 cal
	cereals, kashi 7 whole grain nuggets	2 Cup(s)	275 cal
	strawberries	1/2 Cup(s)	23 cal

MEAL TOTAL: **Calories** 601 cal / **Carbs** 98 g (63%) / **Protein** 25 g (16%) / **Fat** 15 g (21%) / **Fluid** 34

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	nectarines	1 fruit	60 cal
	almonds	3/4 oz	122 cal
	mixed berry soy yogurt	6 oz	180 cal
	trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 472 cal / **Carbs** 55 g (44%) / **Protein** 34 g (27%) / **Fat** 16 g (29%) / **Fluid** 20

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	whole-wheat pita bread	2 small	149 cal
	quinoa chili, vegan	1 1/2 serving	345 cal
	nutritional yeast seasoning by bragg	5 Tbsp	100 cal

MEAL TOTAL: **Calories** 594 cal / **Carbs** 90 g (58%) / **Protein** 35 g (23%) / **Fat** 13 g (19%) / **Fluid** 17

NOTES:

Snack 3:00 PM	apples	1 large	110 cal
	drinking water	2 Cup(s)	0 cal
	pecan granola bars	2 bars	190 cal
	tofurky jurky	1 oz	101 cal

MEAL TOTAL: **Calories** 401 cal / **Carbs** 67 g (64%) / **Protein** 17 g (16%) / **Fat** 9 g (20%) / **Fluid** 22

NOTES:



Eating right, simplified.

Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
mustard greens, no salt, boiled	1 cup	36 cal
wild rice, cooked	1 Cup(s)	166 cal
drinking water	2 Cup(s)	0 cal
navy beans, no salt, boiled	1/2 Cup(s)	127 cal
vegan chicken strips, meat free	4 oz	289 cal

MEAL TOTAL: Calories 679 cal / **Carbs** 77 g (44%) / **Protein** 41 g (23%) / **Fat** 26 g (33%) / **Fluid** 26

NOTES:

DAY 4 TOTAL: Calories 2,746 cal / **Carbs** 388 g (54%) / **Protein** 153 g (21%) / **Fat** 80 g (25%) / **Fluid** 120

**DAY 5**

Breakfast 7:00 AM	tofurky franks	2 oz	164 cal
	drinking water	1 Cup(s)	0 cal
	orange juice	1 1/2 Cup(s)	167 cal
	oat bran, cooked	2 Cup(s)	175 cal
	almonds	1 oz	162 cal

MEAL TOTAL: **Calories** 669 cal / **Carbs** 102 g (52%) / **Protein** 36 g (18%) / **Fat** 26 g (30%) / **Fluid** 32

NOTES:

Snack 10:00 AM	almond butter	1 Tbsp	100 cal
	pecan granola bars	2 bars	190 cal
	drinking water	2 Cup(s)	0 cal
	apples	1 large	110 cal

MEAL TOTAL: **Calories** 400 cal / **Carbs** 61 g (60%) / **Protein** 8 g (7%) / **Fat** 15 g (33%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	balsamic vinegar	1 Tbsp	14 cal
	vegan chicken strips, meat free	5 oz	361 cal
	drinking water	2 Cup(s)	0 cal
	romaine lettuce	2 Cup(s)	16 cal
	whole wheat dinner rolls	1 roll	74 cal
	extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 586 cal / **Carbs** 36 g (24%) / **Protein** 33 g (22%) / **Fat** 37 g (54%) / **Fluid** 20

NOTES:

Snack 3:00 PM	baby carrots	25 large	131 cal
	hummus, lower sodium	2 Tbsp	52 cal
	drinking water	2 Cup(s)	0 cal
	garbanzo beans, dry-roasted no salt	2 3/4 oz	106 cal
	tofurky jurky	1 oz	101 cal

MEAL TOTAL: **Calories** 391 cal / **Carbs** 69 g (63%) / **Protein** 25 g (23%) / **Fat** 7 g (14%) / **Fluid** 28

NOTES:



Eating right, simplified.

Dinner
6:00 PM

drinking water	2 Cup(s)	0 cal
vegan fajitas	2 serving	879 cal

MEAL TOTAL: Calories 879 cal / **Carbs** 126 g (54%) / **Protein** 33 g (14%) / **Fat** 33 g (32%) / **Fluid** 35

NOTES:

DAY 5 TOTAL: Calories 2,924 cal / **Carbs** 395 g (50%) / **Protein** 135 g (17%) / **Fat** 118 g (33%) / **Fluid** 136



DAY 6

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	whole wheat raisin bread	2 slice	260 cal
	almond beverage with calcium	1 1/2 Cup(s)	104 cal
	bananas	1 extra large	135 cal
	almond butter	2 Tbsp	200 cal

MEAL TOTAL: **Calories** 699 cal / **Carbs** 113 g (62%) / **Protein** 17 g (10%) / **Fat** 22 g (28%) / **Fluid** 24

NOTES:

Snack 10:00 AM	almond nut thins hint of sea salt	2/3 oz	82 cal
	tofurky jurky	1 1/2 oz	152 cal
	drinking water	2 Cup(s)	0 cal
	nectarines	2 fruit	120 cal

MEAL TOTAL: **Calories** 353 cal / **Carbs** 57 g (62%) / **Protein** 23 g (25%) / **Fat** 5 g (13%) / **Fluid** 24

NOTES:

Lunch 12:00 PM	iced tea, green	16 fl. oz.	0 cal
	vegan fajitas	2 serving	879 cal

MEAL TOTAL: **Calories** 879 cal / **Carbs** 126 g (54%) / **Protein** 33 g (14%) / **Fat** 33 g (32%) / **Fluid** 35

NOTES:

Snack 3:00 PM	drinking water	2 Cup(s)	0 cal
	apples	1 large	110 cal
	pecan granola bars	2 bars	190 cal
	trulean vegan plant based protein frosted vanilla...	1 1/4 Scoop	138 cal

MEAL TOTAL: **Calories** 438 cal / **Carbs** 61 g (53%) / **Protein** 32 g (28%) / **Fat** 10 g (19%) / **Fluid** 22

NOTES:

Dinner 6:00 PM	summer squash, no salt, boiled	2 cup	72 cal
	drinking water	2 Cup(s)	0 cal
	wild rice, cooked	2 Cup(s)	331 cal
	vegan turkey with sage, meat free	12 oz	113 cal

MEAL TOTAL: **Calories** 516 cal / **Carbs** 96 g (71%) / **Protein** 30 g (22%) / **Fat** 4 g (7%) / **Fluid** 36

NOTES:

DAY 6 TOTAL: Calories 2,886 cal / Carbs 454 g (60%) / Protein 135 g (18%) / Fat 75 g (22%) / Fluid 140

**DAY 7**

Breakfast 7:00 AM	almond beverage with calcium	2 Cup(s)	139 cal
	drinking water	2 Cup(s)	0 cal
	cereals, kashi 7 whole grain nuggets	2 Cup(s)	275 cal
	strawberries	1/2 Cup(s)	23 cal
	tofurky franks	2 oz	164 cal

MEAL TOTAL: **Calories** 601 cal / **Carbs** 98 g (63%) / **Protein** 25 g (16%) / **Fat** 15 g (21%) / **Fluid** 34

NOTES:

Snack 10:00 AM	sea salt & black pepper soy chips	12 crisps	85 cal
	baby carrots	15 large	79 cal
	hummus, lower sodium	3 Tbsp	78 cal
	drinking water	2 Cup(s)	0 cal
	tofurky jurky	1 1/2 oz	152 cal

MEAL TOTAL: **Calories** 394 cal / **Carbs** 50 g (50%) / **Protein** 28 g (28%) / **Fat** 10 g (22%) / **Fluid** 24

NOTES:

Lunch 12:00 PM	american soy cheese, sliced	1 1/2 slice	105 cal
	tomatoes	1/2 Cup(s)	16 cal
	romaine lettuce	3 leaf	3 cal
	dijon mustard	1 Tbsp	15 cal
	whole wheat tortillas	3 tortilla	381 cal
	drinking water	2 Cup(s)	0 cal
	peppered tofurky deli slices	4 1/2 oz	245 cal

MEAL TOTAL: **Calories** 766 cal / **Carbs** 76 g (41%) / **Protein** 48 g (26%) / **Fat** 27 g (33%) / **Fluid** 21

NOTES:

Snack 3:00 PM	strawberries	1 Cup(s)	46 cal
	mixed berry soy yogurt	6 oz	180 cal
	drinking water	2 Cup(s)	0 cal
	trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 391 cal / **Carbs** 48 g (46%) / **Protein** 40 g (39%) / **Fat** 7 g (15%) / **Fluid** 20

NOTES:



Eating right, simplified.

Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
drinking water	2 Cup(s)	0 cal
chicken nuggets, meat free	4 oz	316 cal
quinoa, cooked	1 Cup(s)	222 cal

MEAL TOTAL: **Calories** 626 cal / **Carbs** 72 g (45%) / **Protein** 28 g (17%) / **Fat** 27 g (38%) / **Fluid** 23

NOTES:

DAY 7 TOTAL: **Calories** 2,778 cal / **Carbs** 344 g (49%) / **Protein** 169 g (24%) / **Fat** 86 g (27%) / **Fluid** 122

2 Servings



shell pasta with artichokes in garlic & olive oil

Ingredients

garlic
2 clove

olive oil
2 Tbsp

pasta shells
1 1/3 Cup(s)

artichokes
2 medium

Nutrition Totals

Calories 768 / **Carbs** 113 g / **Protein** 23 g / **Fat** 29 g / **Fluid** 7 fl oz

Instructions

1. Bring a pot of lightly salted water to a boil. Add seashell pasta, cook for 8 to 10 minutes, until al dente, and drain.
2. Heat the olive oil in a skillet over medium heat. Mix in the garlic, basil, and artichoke hearts, and cook 5 minutes, until heated through. Toss with the cooked pasta to serve.

Nutrition Label

Shell Pasta With Artichokes In Garlic & Olive Oil	
Amount Per Serving	
Calories	384
% Daily Value*	
Total Fat 14.3g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 121.1mg	5%
Total Carbohydrates 56.4g	19%
Dietary Fiber 8.9g	36%
Total Sugar 2.6g	
Protein 11.7g	
Vitamin D 0IU	0%
Calcium 75.2mg	8%
Iron 4.1mg	23%
Potassium 485.7mg	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



2 Servings

vegan fajitas

Ingredients

corn tortillas, no salt
2 tortilla

sweet green peppers
2/3 medium

zucchini/summer squash
1/2 small

summer squash
3/4 cup

olive oil
1 Tbsp

black beans, no salt, boiled
1 1/3 Cup(s)

corn sweet yellow raw
1 1/3 Cup(s)

olive oil
1 Tbsp

distilled vinegar
2 tsp

chili powder
1/2 tsp

Nutrition Totals

Calories 879 / Carbs 126 g / Protein 33 g / Fat 33 g / Fluid 19 fl oz

Instructions

1. In a large bowl combine olive oil, vinegar, oregano, and chili powder. To the marinade add the zucchini, yellow squash, onion, and peppers. Marinate vegetables in the refrigerator for at least 30 minutes, but not more than 24 hours.
2. Heat oil in a large skillet over medium-high heat. Drain the vegetables and saute until tender, about 10 to 15 minutes. Stir in the corn and beans; increase the heat to high for 5 minutes, to brown vegetables.
3. Serve in corn or flour tortillas



Nutrition Label

Vegan Fajitas	
Amount Per Serving	
Calories	439
% Daily Value*	
Total Fat 16.4g	25%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35.1mg	1%
Total Carbohydrates 63g	21%
Dietary Fiber 15g	60%
Total Sugar 9g	
Protein 16.2g	
Vitamin D 0IU	0%
Calcium 96mg	10%
Iron 3.8mg	22%
Potassium 994.1mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Shopping List

Accompaniments

dijon mustard
2 tsp
1 Tbsp
mayonnaise, made with tofu
1 Tbsp

Beverages

almond beverage with calcium
10.25 Cup(s)
drinking water
60 Cup(s)
iced tea, green
32 fl. oz.

Bread

corn tortillas, no salt
4 tortilla
whole-wheat pita bread
4 small
whole wheat dinner rolls
2 roll
whole wheat raisin bread
5 slice
whole wheat tortillas
5 tortilla

Cereal & Grain Products

cereals, kashi 7 whole grain nuggets
6 Cup(s)
oat bran, cooked
4 Cup(s)
pasta shells
1.34 Cup(s)
quinoa, cooked
2.5 Cup(s)
wild rice, cooked
3 Cup(s)

Cookies & Crackers



melba toast, no salt
9 toast

Dairy & Egg

american soy cheese, sliced
3.5 slice

Desserts

mixed berry soy yogurt
12 oz

Entrees

quinoa chili, vegan
1.5 serving
vegan chicken strips, meat free
20 oz

Fats & Oils

extra virgin olive oil
3.5 Tbsp
olive oil
6 Tbsp

Fruits & Juices

apples
5 large
bananas
2 extra large
nectarines
8 fruit
orange juice
2.5 Cup(s)
strawberries
3 Cup(s)

Ingredients

balsamic vinegar
2 Tbsp
distilled vinegar
4 tsp



Legumes & Beans

black beans, no salt, boiled

2.66 Cup(s)

hummus, lower sodium

7 Tbsp

navy beans, no salt, boiled

0.5 Cup(s)

Nuts & Seeds

almond butter

7 Tbsp

almonds

3.83 oz

sunflower seeds, no salt, dry roasted

0.88 oz

Snacks

almond nut thins hint of sea salt

0.67 oz

garbanzo beans, dry-roasted no salt

2.75 oz

pecan granola bars

12 bars

sea salt & black pepper soy chips

28 crisps

Spices & Herbs

chili powder

1 tsp

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake

5.25 Scoop

Uncategorized

corn sweet yellow raw

2.66 Cup(s)

nutritional yeast seasoning by bragg

5 Tbsp



Vegetables

artichokes
2 medium

baby carrots
70 large

brussels sprouts, no salt, boiled
2.5 Cup(s)

garlic
2 clove

mustard greens, no salt, boiled
3 cup

romaine lettuce
11 leaf
4 Cup(s)

summer squash
1.5 cup

summer squash, no salt, boiled
2 cup

sweet green peppers
1.34 medium

tomatoes
0.75 Cup(s)

zucchini/summer squash
1 small

Vegetarian Products

chicken nuggets, meat free
8 oz

peppered tofurky deli slices
8.5 oz

teriyaki tofu, baked
2.25 oz

tofurky franks
8 oz

tofurky jurky
9 oz

vegan turkey with sage, meat free
24 oz